

Daily Workouts

Week 1

	SUN	MON	TUE	WED	THU	FRI	SAT
STRENGTH		Total Body 45 min		Total Body 45 min		Total Body 45 min	
CARDIO	Low Intensity Cardio 45 min				High Intensity Cardio 25 min		
RECOVERY			Active Recovery 15 min				Active Recovery 15 min

WORKOUTS

SUNDAY – Low Intensity Cardio

ZONE	TIME	TOTAL DISTANCE
1	20:00	
2	15:00	
3	10:00	

MONDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Kettlebell Squat	2	12	
Walking Lunge	2	12 (each side)	
Barbell Deadlift	2	12	
Overhead Press	2	12	
Upright Row	2	12	
Plank	2	30 sec	

WORKOUTS

TUESDAY – Starting Line: Assessment Workout OR Active Recovery

WEDNESDAY – Total Body Resistance Training

EXERCISE	SETS	REPS	WEIGHT
Barbell Squat	2	12	
Reverse Lunge	2	12 (each side)	
Straight Leg Deadlift	2	12	
Incline Dumbbell Press	2	12	
Dumbbell Reverse Fly	2	12	
Bicycle Crunch	2	12	

THURSDAY – High Intensity Cardio

ZONE	TIME	CIRCUITS	TOTAL DISTANCE
1	0:45	8	
4	0:45		

FRIDAY – Total Body Endurance Training

CIRCUIT	EXERCISE	SETS	REPS	WEIGHT
A	Glute Kickback	2	15 (each side)	
	Pushup		15	
	V Sit Up		15	
B	Lateral Lunge	2	15 (each side)	
	Dumbbell Raise		15	
	Plank		15	

SATURDAY – Starting Line: Assessment Workout OR Active Recovery